

adjustable post mechanism to pivot about a vertical and horizontal axis.

25. The apparatus according to claim 23 wherein said ball bearing formed in said adjustment rod permits said adjustable post mechanism to pivot in a manner indicated by an arrow in a horizontal direction where: A=left and B=right.

26. The apparatus according to claim 23 wherein said ball bearing formed in said adjustment rod permits said adjustable post mechanism to pivot in a manner indicated by an arrow in a vertical direction where: X=up and Y=down.

27. The apparatus according to claim 3 wherein said hand support apparatus is made of material sufficiently rigid for supporting forces placed thereon without substantial flexing.

28. Hand support apparatus for resting a user's hand above a bathroom commode or urinal comprising:

- (a) a base plate adapted to be mounted to a bathroom wall;
- (b) a longitudinally adjustable post mechanism pivotally connected at one end to said base plate;
- (c) a hand contact form which is fixedly connected to another end of said post mechanism; and
- (d) a paper towel dispenser mounted adjacent said hand contact form for dispensing a clean supply of paper towels.

29. The apparatus according to claim 28 wherein said hand contact form is in the shape of an open or extended hand and is constructed of a rigid material.

30. The apparatus according to claim 29 wherein said towel dispenser comprises a paper towel pad containing a number of tear-off paper towels shaped in the form of an open or extended hand to match the shape of said hand contact form.

31. The apparatus according to claim 28 wherein said towel dispenser comprises a clean towel supply roller and a used towel take-up roller mounted to entrain a transparent or clear roll of paper towel over said hand contact form and to permit a clean towel to be continuously dispensed from said supply roller to said take-up roller by manually turning knobs formed on the ends of the said supply roller and said take-up roller.

32. Hand support apparatus for resting a user's hand above a bathroom commode or urinal comprising:

- (a) a base plate adapted to be mounted to a bathroom wall;
- (b) a longitudinally adjustable post mechanism pivotally connected at one end to said base plate;
- (c) a hand support bar which is fixedly connected to another end of said post mechanism; and
- (d) a paper towel dispenser mounted adjacent said hand support bar for dispensing a clean supply of paper towels.

33. The apparatus according to claim 32 wherein said hand support bar is of a generally rectangular shape.

34. The apparatus according to claim 32 wherein paper dispenser includes a pad of tear-off paper tissues of a generally rectangular shape to match the shape of said hand support bar.

35. The apparatus according to claim 34 wherein a front surface of said hand support bar contains an etched hand image and is provided with a Velcro strip and a mating member on said pad of tissues to thereby facilitate replenishing and coupling said pad of paper tissues to said support bar.

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